

## **GENERAL PRE OPERATIVE GUIDELINES MINIMALLY INVASIVE SPINAL SURGERY AND SPINAL FUSION**

### **ADMISSION PAPERWORK**

Once you have made the decision to have surgery, a booking letter will be sent to the hospital. You will be required to sign an informed consent form upon discussing the procedure in detail with your surgeon. You will also need to complete an admission and a patient history form and send to the hospital. You can send your admission paperwork by fax or through the hospital's on-line system. Please consult reception for instructions.

### **PRE-OPERATIVE HEALTH CHECKS**

Depending on your medical history, some health checks may be required prior to your admission. In the case of a serious health concern, you may need to attend a pre-anaesthetic clinic at the hospital well before your procedure.

If you haven't had any blood tests in the last 6 months, you will be given a pathology referral, or a letter will be sent to your GP. If you have a known medical condition (e.g. heart or lung disease), you may require clearance from your treating doctor.

If you are a smoker, a chest X-Ray will be required. Patients who smoke must stop for at least three weeks before surgery and three weeks after surgery. It is advisable to quit because smoking interferes with healing.

All correspondence  
PO Box 469 Burwood NSW 1805

p 02 9747 6622  
f 02 9747 6630

e [sydneyspineinstitute@gmail.com](mailto:sydneyspineinstitute@gmail.com)  
w [sydneyspineinstitute.com.au](http://sydneyspineinstitute.com.au)

**Consulting locations**  
**Burwood** Suite 107 / 3 Railway Pde  
**Liverpool** Suite 106 / 161 Bigge St  
**Wahroonga** Adventist Hospital San Clinic  
Suite 402 / 185 Fox Valley Rd

If you are having a fusion, it is important to stop smoking at least 6 weeks before and after the operation. Smoking impedes the fusion.

If you are on anti-coagulation medications (blood thinners) such as Aspirin, Warfarin, Plavix and other aspirin-containing medications, you need to let your doctor know. These medications may cause serious complications and need to be stopped a week or more before your surgery.

### **PRE-OPERATIVE PHYSIOTHERAPY CONSULTATION**

It would be helpful to have a pre-operative assessment with a specialist spine physiotherapist who has experience with this surgery. This will assist in assessing your functional capacity prior to the surgery for post-operative comparisons. It will provide education about the surgery, realistic expectations and movement in the post operative period.

Sydney Spine Physiotherapy, which is co-located at the Sydney Spine Institute, is one such practice. For other locations please consult our staff or your GP.

### **BEFORE ADMISSION**

Admission to hospital is usually on the morning of the day of surgery. The hospital will phone you the day before between 4 – 8 pm to advise you of the required arrival time. You will also be given instructions about fasting. You will need to stop eating and drinking for a certain period of time before your surgery. Also:

- Shower
- Do not apply any powder, creams, lotions or make-up
- Follow any specific instructions from your doctor and hospital nursing staff

All correspondence

PO Box 469 Burwood NSW 1805

p 02 9747 6622

f 02 9747 6630

e [sydneyspineinstitute@gmail.com](mailto:sydneyspineinstitute@gmail.com)

w [sydneyspineinstitute.com.au](http://sydneyspineinstitute.com.au)

Consulting locations

**Burwood** Suite 107 / 3 Railway Pde

**Liverpool** Suite 106 / 161 Bigge St

**Wahroonga** Adventist Hospital San Clinic

Suite 402 / 185 Fox Valley Rd

## WHAT TO BRING

### **IMPORTANT: Please bring your MRI scans on the day of the operation.**

It is essential that you bring the following items to the hospital:

- All entitlement cards e.g. Medicare / Safety Net / Veterans' Affairs and Health Fund cards
- Relevant x-rays, scans or films
- Current medication (in their original containers) and prescriptions, including repeat forms
- Payment for estimate of gap between fund benefits and hospital fees, or total estimated costs of hospitalisation if you have no health insurance
- Reading material and/or something else to do, and
- A hard case for your glasses.

If you are staying overnight, please remember to also bring (in a small overnight bag):

- Sleepwear, dressing gown and slippers
- Personal toiletries
- Small amount of change for newspapers and other small purchases, and
- A watch and/or a battery operated clock.

Do not bring:

- Valuables, including jewellery and large sums of money
- Unnecessary clothing
- Large luggage and suitcases

All correspondence  
PO Box 469 Burwood NSW 1805

p 02 9747 6622  
f 02 9747 6630

e [sydneypineinstitute@gmail.com](mailto:sydneypineinstitute@gmail.com)  
w [sydneypineinstitute.com.au](http://sydneypineinstitute.com.au)

#### Consulting locations

Burwood Suite 107 / 3 Railway Pde  
Liverpool Suite 106 / 161 Bigge St  
Wahroonga Adventist Hospital San Clinic  
Suite 402 / 185 Fox Valley Rd